

Carlson Cross Country / Woodhaven Cross Country

MHSAA Pre-Regional 10-1

Location: Lake Erie Metro Park (Near the Wave Pool) 32481 W. Jefferson, Brownstown, Mich. 48173
Directions: I-75 South to Gibraltar Rd (Exit 29A) head east on Gibraltar Rd. to W. Jefferson turn right (south) for 1.7 miles to the park entrance on the left. Once entering the park, follow the signs to the Wave Pool.
Date: **Thursday, October 22nd.**

Teams: The following teams will be attending:

Brownstown Woodhaven, Dearborn, Dearborn Edsel Ford, Gibraltar Carlson, Lincoln Park, River Rouge, Southgate Anderson, Wyandotte Roosevelt

COACHES: Please read this document thoroughly including the attachment at the back of the packet.

Note that additional course markings not provided by the host are NOT allowed. This includes, but is not limited to paint, flagging, etc...

Entries: Each school is permitted one team. In accordance with MHSAA policy, entries are comprised of a roster submitted via **Athletic.net** online entry system for the meet. If you have not done so, create a free account on Athletic.net. Enter your Regional into your schedule. Click on that meet and then go to "Register Athletes". Please enter **ONLY** your **top eight athletes**. This is important because we do not have enough numbers for you to enter your entire squad. (Late changes can be made on meet day). **Entries are DUE by 6:00 PM, Sat, Oct 17.**

OPT OUT Date: Schools not intending to participate in the Pre- Regional Meet must inform the Meet Manager and the MHSAA by October 11, 2019. Schools planning on attending must submit an eligibility list by October 17, 2020.

COMPETING SCHOOLS: Pre-Regional Meet Electronic Entry Materials and instructions for on-line entry are on the MHSAA Website. Entry information must be placed on-line no later than 6 p.m. on Oct. 17, 2020 at www.athletic.net. Late entries – A \$50 late fee must be paid to the Meet Manager before the contestant or team will be allowed to participate. The \$50 late fee shall be retained by the host school. There can be no late entries after the team starting line positions have been determined.

All schools will receive a Tournament Notification Form in the fall listing the Opt-Out dates for sports they sponsor as well as an Opt-Out FAX form. Schools must contact their tournament managers by the Opt-Out Due Date if they **DO NOT** intend to participate in a previously assigned MHSAA tournament.

Disclaimer: Source of this information can be found in the September 2020 MHSAA Bulletin. We will use that document in administering this Pre-Regional Meet. In case of discrepancies between this document and the Bulletin, the policies stated in the MHSAA Bulletin *shall hold true*.

Schedule: Boys run first in even years; Girls run first in odd years.
2pm - Course Open For Preview
4pm - Boys Race
5pm - Girls Race

*** Please have your athletes to the starting line 5 minutes before the scheduled start of their race.**

Team Camps: ****2020 update** No team tents will be allowed! Pavilion will not be available for use also.** We encourage you to plan accordingly for team camps. Possibly in parking areas at their bus, 'car-camp' etc, for when weather is an issue. We **MUST** maintain the Governor's orders of no more than 30 people per 1000 sq ft. or we will be SHUT DOWN! **Please don't put meet management in a position of asking you to move.** Please remind your athletes that they are *guests* in the park and therefore should remove all trash from their area at the end of the meet.

Uniforms: Please remind your athletes that MHSAA rules governing uniforms & temporary adornment shall be upheld. Watches may be worn!

- Coaching:** Per MHSAA mandate, coaches are NOT allowed to use any transportation aids such as bikes, scooters, etc. to move around the course.
- Pets:** Please advise your cross country enthusiasts and families of team members that there are NO PETS ALLOWED at Regional or State Championship meets.
- Awards:** **There is NO AWARDS CEREMONY.**
- Scoring:** Traditional cross country scoring will be used. Runners will be given a number to wear on the front of their singlet. The number includes a tear off section at the bottom. Please check this for accuracy and report any mistakes to the scoring table located at the finish line
- Results:** Final results will be available for coaches approximately 15 minutes after the completion of each race. The results will also be submitted to the MHSAA and Athletic.net for publication on their websites. Results will be posted. There will be no hard copies.
- Regional Meet:** **Top four teams advance along with top seven individuals not on a team.**
- Appeals:** The Head Referee will be the final authority on judgments and interpretations of the rules. A Board of Appeals will be called if deemed necessary by the Head Referee and the Meet Manager. The Board of Appeals will consist of a men's head coach and women's head coach. If called, please respond immediately. All decisions by the Appeals Board will be final. **JUDGMENT CALLS MADE BY OFFICIALS MAY NOT BE APPEALED.**
- Security:** Coaches please inform your athletes NOT TO LEAVE BAGS OR PERSONAL ITEMS UNATTENDED FOR LONG PERIODS OF TIME!!! It is preferred that athletes leave "gear bags" at their team camp or on their bus. Meet personnel are instructed to pick up stray bags throughout the duration of the meet.
- T-shirts:** A limited number of T-shirts and Sweatshirts are available.
- Concessions:** No concessions will be sold, but the building may be open.. **However, do not set up team camps in the concession area!!** We may be using this area for computer scoring, packet pick up and t-shirt sales. We cannot allow teams to use the area for their team camp.

Athletic Trainer: An athletic trainer will be on site and available at the finish line

COACHES PLEASE READ CAREFULLY!!

- There is a \$10 per vehicle admission to the Metro Park for each vehicle (except buses).
- Metroparks require face coverings in all indoor facilities and this includes restrooms..
- Coaches please enter runners that are capable of being **competitive** in a Pre-Regional race. We are on a tight time schedule. Waiting for a non-competitive runner who is jogging the race places a very real strain on our schedule. Please help us out with this. We cannot begin to compute the results until the last runner has crossed the line. (a good reference point would be **Boys that cannot finish in 25 minutes/ Girls that cannot finish in under 30 minutes**).
- Please make your parents aware that meet officials will not deal with any protest lodged by a parent. We will only deal with coaches.

If the following guidelines are not met the Metropark Police WILL SHUT DOWN THE RACE! The race WILL NOT BE RESCHEDULED!

- *Updates from EO-183 now allow for up to 1000 spectators on site, while remaining within the 30 people per 1000 Sq ft restriction. This should not be an issue for XC meets but the park asks that meet directors, officials and coaches inform/remind their guests to **not crowd the start and finish areas**. This means that spectators are welcome to leave their car/parking lot to watch but they must be mindful as always.*

COVID-19 & SAFETY RELATED MANAGEMENT PROTOCOLS

*In order to maintain a safe and consistent atmosphere for our student-athletes **it is important that all Coaches and Athletic Directors share this information with their student-athletes, parents and any potential spectators.***

Coaches carry the ultimate burden to monitor social distancing, decreased congregation of non-spectators and arrival/departure of their OWN team. Coaches also carry a responsibility to assist other schools with honoring protocols set forth by the Metroparks and the League. We do not want to have the Metroparks lose faith in our ability to host and maintain quality events at their locations.

Below is a list from the Metroparks. These guidelines will be the same ones that will be followed at Pre-Regional and Regional competitions held at any Lower Huron Metropark.

- 1. Team Tents are NOT allowed.*
- 2. It is strongly encouraged and highly advised that once a competitors race is completed, that they leave the park. This will help keep congregation at a minimum and maintain a consistent low spectator rate In order to have competitors leave following a race*
- 3. It is STRONGLY ENCOURAGED that NO BUSSING occurs at Pre-Regionals / Regionals.*
- 4. Races WILL NOT start until it is determined that the start/finish line areas are clear from the previous race. NO warmups, water bottles etc shall be left at the starting line area.*
- 5. Remind your athletes and parents that congregating at the finish line will not be allowed. Several minutes will be allotted for student-athletes to regain themselves post-race but we will have marshals strongly encouraging people to leave the area.*
- 6. Flagging, course markings must be adhered to by spectators, coaches. We will be attempting to create a large blocked off area at the finish area to prevent non-competitors including coaches, parents, students from accessing or congregating close to the finish line.*
- 7. Failure by coaches, competitors or spectators to comply with these guidelines and those additionally set forth by the Metropark will result in meet cancellation or individual team forfeiture.*

Lake Erie Metropark High School Cross Country Course Map

